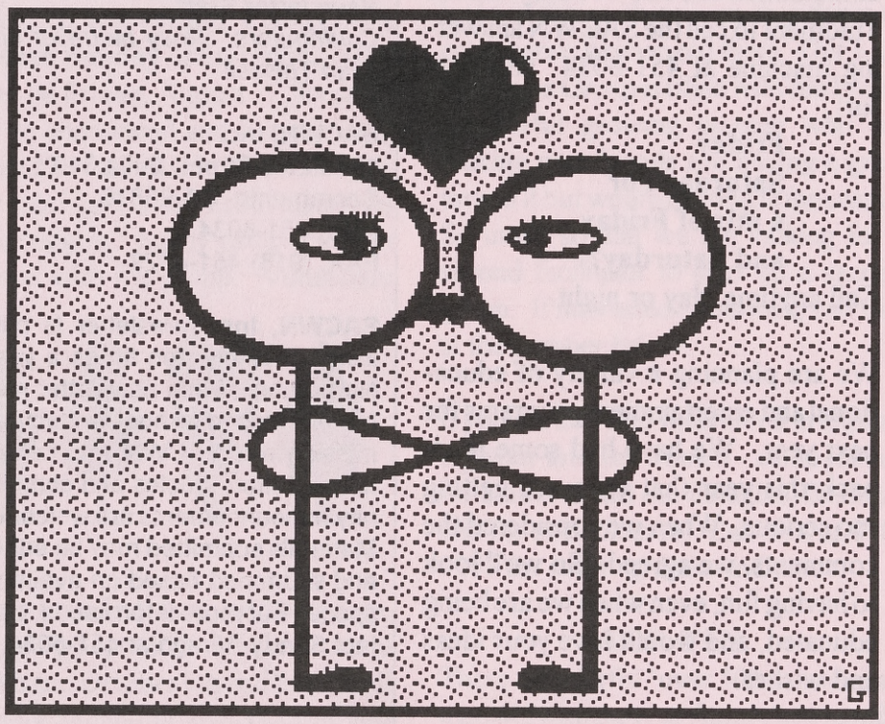
SACWN
SACRAMENTO AREA CAREER WOMEN'S NETWORK INC.

Volume 9, No.7 August, 1993

SACWN GOES TO THE SOAPS
JOIN US FOR "*TWO IN TWENTY*"

On August 21, SACWN will take to the movies with the Sacramento **premier showing** of the lesbian produced, written, directed and performed video "*Two in Twenty*" in the theater at the Beverly Garland Hotel.



"*Two in Twenty*" is a five episode soap opera that follows the complex lives of two lesbian households in Boston. With humor and suspense, the characters in this soap confront complicated issues such as child custody, lesbian parenting, AIDS, substance abuse, racism, coming out, monogamy, non-monogamy, crushes, bisexuality, sex, lust and of course, therapy.

Since no soap is complete without commercials, "*Two in Twenty*" contains original ads for fictitious products. These ads, rooted in feminist and lesbian humor, satirize the consumerism at the core of daytime television. They frequently feature "lesbian stars" such as Kate Clinton, Holly Near, Alix Dobkins and others.

"*Two in Twenty*" took the efforts of more than 300 people over three years to complete. The episodes will be viewed back to back starting at 6:30 p.m. with frequent popcorn breaks. Using exciting plots and off-beat commercial breaks, the producers of "*Two in Twenty*" have created an entertaining program that explores and celebrates gay and lesbian life.

Date: Saturday, August 21, 1993
Place: Beverly Garland Theater
1780 Tribute Road,
Sacramento
Time: First Episode at 6:30 p.m.
Tickets: $ 8 Subscribers
$13 Non Subscribers
$15 At the Door

A MESSAGE FROM THE STEERING COMMITTEE

Didn't we have a hot dance to start off the Lambda Festival weekend? Many thanks are due to Sharon Liberatore, Alanne Whitaker and Joan Thissell for their participation in the planning and to all of the SLCC and SACWN members who volunteered their time to make the dance a success. Each of the sponsoring organizations, SLCC and SACWN made about $500 for their treasury.

Speaking of money, June 30 was the end of the fiscal year. With organizational changes and the poor local economy, we anticipated that we would end the year with a loss and we did. Our income for the period was $27,282 while our expenses were $29,991 for a net loss of $2709. Reserves from previous years were used to cover the deficit.

SACWN 's income and expenses for 1992-93 were distributed as shown below:

INCOME:

Subscriptions:	31%
Events:	52%
Publications	17%
Interest/Misc	1%

EXPENSES:

Administrative:	41%
Advertising:	6%
Event Costs:	38%
Newsletter:	12%
Tax:	3%

SACWN currently has 283 paid subscribers, with a pattern of small increases in subscribers each month. We currently maintain a list of more than 100 prospective subscriber and mail more than 400 copies of the newsletter monthly.

We are constantly considering ways to reduce the cost of programs while not sacrificing atmosphere or quality. One consideration is to hold events on Friday nights rather than Saturdays since most facilities charge more for Saturday rentals. We would very much like to hear your opinion on Friday versus Saturday evenings or a combination of both. Would you take a moment to call the SACWN answering machine at 451-8034 and vote for:

Friday
Saturday , or
a mix of Friday and Saturday?

Call anytime, day or night.

We are planning a variety of educational and entertainment programs for next year. We have had some feedback this year that we were getting too serious. When we considered the comments, we agreed. So we'll look to having fun, even when we are being educated, and would love your ideas and wishes.

We have gone through so many changes in the nine year herstory of SACWN. We continue to learn to respond to the changes needed to providing a viable and dynamic organization for our subscribers. We appreciate your continued support.

Rosy

Rosemary Metrailer
Corporate Coordinator



SACWN STEERING COMMITTEE

Rosemary Metrailer, Corporate Coordinator
(916) 447-7255

Jane Irwin, Finance Coordinator
(916) 424-3153

Joan Thissell, Dance Productions
(916) 455-1557

Sandra Virago
Executive Director

Newsletter Staff
Contributors: Rosy Metrailer and Joan Thissell

SACWN, Inc.
1616 29th Street, Suite 310
Sacramento, CA 95816
(916) 451-8034
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SACWN, Inc. newsletter is published monthly, ten times a year. No portion of this newsletter may be reproduced without written permission from **SACWN, Inc.** Letters to the Editor, articles and community announcements are welcome. Materials submitted may be edited and shortened based on available space. For more information, contact Sandy Virago at 451-8034.

Advertising Rates

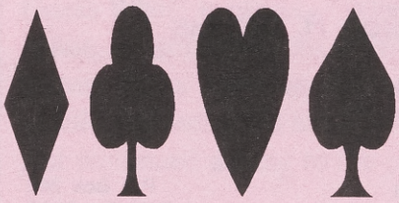
Type	Member	Non-Mem
1/2 Business Card 1 3/4 x 1 3/4	$ 14	$ 21
Business Card 3 1/4 x 1 3/4	$ 25	$ 37
Two-column ad 4 1/2 x 2 3/4	$ 40	$ 60
Quarter page 3 1/2 x 4 1/2	$ 50	$ 75
Half page 7 1/8 x 4 1/2	$ 90	$135
Full page	$160	$240
Classified ads (per word)	.40	.60
Discounts (pre-paid)	1 year 1/2 year	20% 10%

SPECIAL INTEREST GROUPS - - AUGUST

"So, tell me what you like to do?" It that a good "opening line" when you meet someone new? Participate in the SACWN Special Interest Groups (SIGs) and you'll know you have something in common with those around you. The following SIGS are meeting in August:

BRIDGE

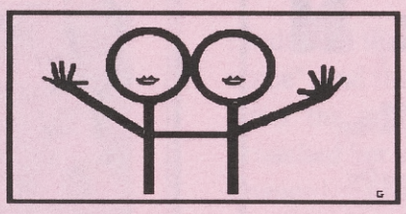
As always, the Bridge Group will meet on the **second Friday and fourth Sunday** of the month. That will be Friday, August 13, location to be announced and Sunday, August 22nd at Jean's in Davis. Beginning bridge lessons are available on weeknights. Kathy can put you in touch with the group. Volunteers



are needed to host bridge group. Dates in September are the 10th and 26th and October 9th and 24th. Call Kathy Mullen at 362-3175 to volunteer.

SINGLE CONNECTION

Busy schedule for these SINGLE women. Put the following on your calendar: August 8th, 4:00 p.m. a **potluck** at Lesha's; August 14, 6:30 p.m. a **poker party** at Marsha's; August 15 at 11:00 a.m. a **picnic with boating** at Folsom Lake and finally, on Friday, August 20, 7:00 p.m. there will be a **discussion of break-up issues** at Catherine's ("still hurting after all these months or years?) Call Lesha at 676-0641 for details.



LATE-BLOOMERS

It takes a lot of courage to grow up and be who you really are. And from the looks of things, there is an abundance of courageous women out there. Our Late Bloomers Group is filled with fun loving wonderful growing women who are making new friends and having a great time at it but we are busting at the seams. So much so that we are looking for a second facilitator to start up a second group. If interested or curious, call Eva at the number below.

If you are **25+ and interested** in exploring your love for women - come join us for a time to sort out thoughts, feelings, and for socialization. Call Eva at 878-9253 for meeting dates and times.

TOP TEN

These wonderful "over 50" women had a great swim party at Anita's last month. On August 15th, at noon, they will be going to **brunch at Cheyenne's** (aka Silver Spur) on Broadway between 27th and 28th. Later in the month they will meet for dinner. Call Lise, 452-4948 for more details.

HIKING

The mountains are beckoning. Join us on **August 21 and September 18** for a journey to a clear mountain lake. Bring water and a sack lunch. Call Karen at 753-6670 for details.



RAINBOW CAMPERS

Is the summer half over already? Hurry and **join us for wonderful camping and womanship!.**

8/13-15 Nevada Beach, Lake Tahoe
9/2-6 Women's Music Festival
9/17-19 Coloma
10/1-3 Bullards Bar

For more information, Call Jayne at 921-6642.

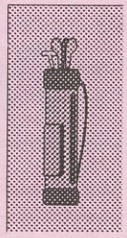
NEWCOMERS

If you are new to Sacramento, come meet others who are new, too! We meet on the **3rd Sunday of every month** for dinner to discuss SACWN, its special interest groups, and other resources available to the gay/lesbian community of Sacramento. For more information call Nancy, 454-5847.

INTO ART!

Let's get together and talk artsy, think mediums and share stories. Call Carmen at 455-9253.

GOLF



How about a golf date? Thursday is our day . Give Judy a call 428-4685 to find out the details.

IN THE PLANNING STAGES

Is there interest in a "Walking Group" call Reina 448-6920.

The Single Connection is having so much fun, how about a Couples Connection? Anyone interested?

Thank you to the facilitators who give so much of themselves to sharing SACWN with other.

Suzan Pope
at Victoria's

SUZAN
pope

1201 24th Street
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Whether you want to list, sell or invest,
I would be delighted to learn
how I can best serve your needs.



Jayne Rountree
REAL ESTATE INVESTMENTS
(916) 921-6642

LOW RATES

SPECIALIZED AUDIENCE

SACWN ADVERTISING OFFERS MORE

- *Consultation*
- *Psychotherapy*

OPTIONS UNLIMITED

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Licensed Psychologist - PSY 8780

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SUCCESSFUL SACWNITE



Linda Birner with Pica

The official greeters at the office of "Mom Guess What (MGW)", Sacramento oldest newspaper for the gay and lesbian community, are Pica and Elite, Linda Birner's twin schnauzers. As you enter her office, you see penguins everywhere. The publisher of "Mom Guess What" explains, "When I was little, I carried Willie, a stuffed penguin, everywhere with me. About twenty years ago, my Mom bought me a penguin candle that reminded her of Wille. After that, friends just continued adding to the collection."

Linda Birner, 43, was born in Fort Wayne, Indiana, grew up in Timberlake, Ohio on Lake Erie and moved with her family to Sacramento when she was ten years old. Her dad, an engineer, went to work for Aerojet.

Linda didn't start out to publish a newspaper. She got a Master's Degree in Psychology at Sac State and planned to research the color conditions of lamprey eels. She did try the research path, working for several firms immediately after college. But she loved photography and worked for two sessions on the Assembly floor as the "house" photographer. She was also the "winner's circle" photographer at the CAL-CAP Trotting Association.

From photography, she studied graphic arts and began free-lancing out of her home working with political campaigns and activist groups. One day, a journalist from the San Francisco Advocate came to town to interview "activist in the capitol". In that interview, Linda said that Sacramento needed a "gay and lesbian voice", and that she dreamed of starting a newspaper. After the article was published, several people approached her and agreed to be the editors if she would finance the project. And so a gay and lesbian newspaper in Sacramento was born in 1977.

At first they were going to name the paper, the "River City Times". But at an all night brainstorming meeting, the founders considered more than a hundred other names. Linda loved the magazine title, "Mother Jones". As they talked, they thought about the coming out process and decided that a critical time for many gay people is when they say, "Mom, guess what"! At first the name was considered "flip" and not professional, but the controversy died down after the first few years.

Linda shares her life with her partner of almost two year, Lynne Ohlson. Linda explained, "We met over twenty years ago. Lynne worked for MGW as a bookkeeper many years ago, but about two years ago we were both involved in meetings with the police department over issues in the gay and lesbian community. One night after a meeting, I asked Lynne out to dinner." Linda continued, " I am so happy to be with someone who is proud of what I do, someone who likes the paper, and boating, and the dogs. Lynne's her own person, a great golfer and equally involved in the community. She's a respected activist and I love her a lot. We have wonderful friends and we love to cook and entertain." (Linda's favorite recipe is stuffed mushrooms.)

Success to Linda would be the freedom to live a comfortable life-style and not worry about money. If she had more money she'd pay better staff wages and take time off and travel. But she understands that at another level she has been enormously successful. "I feel I have made a difference for humanity. I used my years on this planet looking at the bigger picture. I definitely have contributed. The newspaper helped bring the gay and lesbian community together, created many organizations and has introduced hundreds of people to Sacramento. I'm happy, that what success is really, being happy."

SACWN CALENDAR

August 21

The Premier Showing in Sacramento of: ***"TWO IN TWENTY"***

A Lesbian Soap Opera at the Beverly Garland Hotel. The five episode video will begin at 6:30 p.m. and run until completed (about 10:00 p.m). But don't worry if you miss a few scenes to get a drink or popcorn - you know how the "soaps" are!

September 18

Jamie Anderson

The personal and the political in music and comedy! On her West Coast tour from her home in Tuscon. Founder of Tsunami Records. Voted **"FAVORITE NEW PERFORMER"** by ***HOT WIRE.***

October 30

Halloween Dance with "Second Wind"

Wonderful Music and fun for everyone. Win a prize for the best costume".

November 20

MARGIE ADAM

RETURNS TO SACRAMENTO to the CREST THEATER

Producing a Margie Adam concert represents a new challenge for SACWN. This will be a major test of our ability to support and produce a major performer with all of the accompanying risk and rewards.

To ensure that this concert is successful, we will be working with other community groups to sell tickets. In addition, SACWN members will be able to purchase as many tickets as they wish at the subscriber price.

SACWN CLASSIFIED ADS

FOR RENT

Cozy 1 BR Apt in Basement of Grand old Roseville Victorian. W/D, Cable TV, All utilities PAID, $400 month + 1 month deposit. Call Barb or Pat 786-8376

FOR RENT

Private 1 bedroom apt, 2nd floor, AC, perfect for one person. Modest rent. Call 428-1856.

SUNDAY

Women of Color Support Group
Lambda Center, 1931 L Street
7:15 to 9:00 p.m., call Josie at 442-0185

MONDAY

Women's Rap and Social Group
Lambda Center 442-0185

IN THE COMMUNITY

"And the Band Played On"
Benefit for CARES

A special screening of the movie "And the Band Played On", based on Randy Shilts' landmark book, will benefit the Center for AIDS Research, Education and Services (CARES) on Wednesday, September 8, 1993, 7:30 p.m. at the Crest Theater, 1013 K Street in Sacramento. Tickets to the fund-raiser are $25 and can be purchased from CARES (Michelle/443-3299) and the Commerce Security Bank (Rosalie/922-9500). A reception will precede the screening from 5:30 to 7:30 p.m. at the Central Library Galleria.

TUESDAY

Being Gay Today, 10 P.M. on Cable 18

THURSDAY

Women's Coming Out Group
6-7:30 Lambda Center 442-1085

FRIDAY

Country Western Dancing at 7:30

Yes, include me in the 1993 SACWN Membership Directory:

Name: _____

Address: * _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Work Phone: * _____

Occupation: _____

Buiness/Employer:* _____

* Optional

Return to SACWN, 1616 29th Street, Suite 310, Sacto, CA 95816 by August 20, 1993. Thanks.

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The National Lesbian and Bi Women's Health Survey

Sisters! This survey is being conducted by and for Lesbian and Bisexual/women loving women to determine if we are at increased risk for cancers and other health concerns, and to find effective ways to reduce our risks. It is especially important that this survey be filled out by older women, Women of Color, and low or no income women as these women have not been well represented in surveys and may be at even higher risk for certain health concerns. Thanks for your help and support! This survey is being conducted by The Lesbian Health Project of LA, 8235 Santa Monica Blvd Ste. # 308, West Hollywood, California, 90046, and co-sponsored by groups nationally. For info (213) 650-1508 Fax (213) 848-9402. Copyright April 25th, 1993

Please use pencil only! Please print! Please mark ovals as dark as possible like this ●. Mark ALL that apply.

(If you make a mistake erase, or lightly draw an x over the mark and darken in the correct oval. Thanks!)

Place of birth: City _____ **State/Prov.** _____ **Country** _____ **Zip** _____

Age: ____ **Date/time of birth: Month** ___ **Day** ___ **Year** ___ **Time** _____ ○ AM ○ PM ○ Time exact ○ Time approx. ○ Time unknown

Where do you live now?: City _____ **State/Prov.** _____ **Country** _____ **Zip** _____ **# Years** _____

Age/date 1st knew preferred females: _____ **Age/date Came Out:** _____ **Age/date 1st sexual with female:** _____

Please list any prescription medications you are taking: _____

Mark Places Lived:

	Now	Past	Under 5 years	Over 5 years
Major City pop>1 mil	○	○	○	○
Small City pop<1 mil	○	○	○	○
Country/Rural	○	○	○	○
Military base	○	○	○	○
Prison	○	○	○	○
Institution	○	○	○	○

Gender/Identity: ○ Female ○ Transgender

Sexual Orientation/Identity:
○ Lesbian ○ Bisexual ○ Heterosexual
○ Sexual with women only
○ Sexual at times with women, and men
○ Never sexual with women

Race/Ethnic Descent: Mark all that apply
○ Native American ○ Mediterranean
○ Black/African ○ Jewish
○ Mexican/Latin American ○ White/Caucasian
○ Asian/Pacific Islander ○ Multiethnic
○ Middle Eastern ○ Other

Gross Income:
○ 0 ○ 30,000-39,999
○ Up to 10,000 ○ 40,000-69,999
○ 10,000-14,999 ○ 70,000-99,999
○ 15,000-19,999 ○ Over 100,000
○ 20,000-29,999

Education: Mark # years completed
○ 0-6 ○ 10-12 ○ 16-17 ○ 20+
○ 7-9 ○ 13-15 ○ 18-19

Height:
○ Under 4' ○ 4'9"-5' ○ 5'9"-6'
○ 4'-4'3" ○ 5'-5'3" ○ 6'-6'3"
○ 4'3"-4'6" ○ 5'3"-5'6" ○ 6'3"-6'6"
○ 4'6"-4'9" ○ 5'6"-5'9" ○ Over 6'6"

Weight:
○ Under 90 lbs ○ 166-180 lbs ○ 256-270 lbs
○ 90-105 lbs ○ 181-195 lbs ○ 271-285 lbs
○ 106-120 lbs ○ 196-210 lbs ○ 286-300 lbs
○ 121-135 lbs ○ 211-225 lbs ○ Over 300 lbs
○ 136-150 lbs ○ 226-240 lbs
○ 151-165 lbs ○ 241-255 lbs

Body Frame:
○ Big boned ○ Medium boned ○ Small boned

Body Type:
○ Mostly fat ○ Equal fat and muscle
○ Mostly muscle ○ Little fat or muscle

Do you see yourself as:
○ Overweight ○ Average weight ○ Underweight
○ Do you or ○ did you ever diet to lose weight?
If so, has your weight gone up and down 10-15 or more lbs 3+ times per year? ○ No ○ Yes
Have you experienced discrimination because of your weight? ○ No ○ Yes

Stress Level: ○ Low ○ Medium ○ High
Mark all reasons that apply
○ Lack of $ ○ Fear of abuse/assault
○ Overworked ○ Mental/emotional problems
○ Being in closet ○ Physical health problems
○ Discrimination ○ World events/problems
○ Loss ○ Child custody fight
○ Other

How do you handle stressful situations?:
○ Lash out at others
○ Confront the situation head on, take action
○ Talk/reason out feelings
○ Strive to be pleasant and agreeable, don't rock boat
○ Ignore situation
○ Drink, smoke, eat, have sex, etc.

Do you have medical coverage/health insurance?:
○ No ○ Private ○ Medicare/caid
○ Yes ○ HMO
Deductible affordable? ○ No ○ Yes ○ N/A
What does it cover?
○ Hospitalization only ○ Pregnancy
○ General medical problems ○ Chiropractic
○ Pap smears ○ Acupuncture
○ Mammography

Do you use hair dyes?: ○ No ○ Yes
○ Petroleum based ○ Type unknown

Do you have breast implants?: ○ No ○ Yes
Type: ○ Silicone ○ Saline ○ Foam ○ Other
Have you had problems with them? ○ No ○ Yes
○ Leaks ○ Hardening ○ Lumps ○ Infection
○ Still have implants ○ Implants removed

Had hysterectomy?: ○ No ○ Yes
○ Removed ovaries

Environment: Mark all that apply

Do you live or work near/with:	Now	Past	Live/work within 3 miles	Work with directly	Less than 1 year	Up to 3 years	Over 3 years
Industrial/manufacturing	○	○	○	○	○	○	○
Chemicals, all types	○	○	○	○	○	○	○
Paints, thinners, solvents	○	○	○	○	○	○	○
Petroleum products	○	○	○	○	○	○	○
Pesticides	○	○	○	○	○	○	○
Nuclear power facility	○	○	○	○	○	○	○
Toxic waste dump	○	○	○	○	○	○	○
Asbestos	○	○	○	○	○	○	○
Major airport	○	○	○	○	○	○	○
High volt electrical wires-EMFs	○	○	○	○	○	○	○
Computer video display terminals	○	○	○	○	○	○	○
Continuous artificial lights	○	○	○	○	○	○	○
Work night shift	○	○	○	○	○	○	○

Do you drink alcohol, how much and how long?: ○ Now ○ In past ○ Don't drink
(1 drink = 8 oz. or 1 cup)

	Over 3 drinks/day	Over 3 drinks/week	Less than 3 drinks/week	Less than 1 drink/week	Less than 1 drink/month	<6mo	6mo-1yr	1-3yr	3-5yr	5-10yr	10+
Now	○	○	○	○	○	○	○	○	○	○	○
In past	○	○	○	○	○	○	○	○	○	○	○

Do you worry about alcohol use or feel you may have a drinking problem? ○ No ○ Yes

Smoking & second hand smoke: Do you smoke? ○ Now ○ In past ○ Don't smoke ○ Worry about smoking

	1/2 pack or less/day	1 pack per day	2 packs per day	3 or more packs/day	<6mo	6mo-1yr	1-3yr	3-5yr	5-10yr	10+
Amount now	○	○	○	○	○	○	○	○	○	○
Amount in past	○	○	○	○	○	○	○	○	○	○
Inhale other's smoke	○	○	○	○	○	○	○	○	○	○

Use recreational drugs: ○ Now ○ In past ○ Don't use ○ Worried about drug use

	Daily	Weekly	Monthly	Rarely		Daily	Weekly	Monthly	Rarely
Marijuana	○	○	○	○	PCP	○	○	○	○
Crack/cocaine	○	○	○	○	Heroin	○	○	○	○
Speed	○	○	○	○	Hallucinogens	○	○	○	○
Downers	○	○	○	○	Other	○	○	○	○

Do you do or use any of the following:

	Once/dy	Once/wk	Once/mo	Rarely	Never
Exercise	○	○	○	○	○
Meditation/visualization	○	○	○	○	○
Tai Chi, Chi Gong	○	○	○	○	○
Massage/body work	○	○	○	○	○
Acupuncture	○	○	○	○	○
Herbs	○	○	○	○	○
Vitamins	○	○	○	○	○
Minerals	○	○	○	○	○
Homeopathy	○	○	○	○	○
Chiropractic	○	○	○	○	○
Physical therapy	○	○	○	○	○
Psychological therapy	○	○	○	○	○
Hypnotherapy	○	○	○	○	○
Support Groups	○	○	○	○	○
12-step or recovery program	○	○	○	○	○
Spiritual/metaphysics	○	○	○	○	○
Nurse Practitioner	○	○	○	○	○
Physician's Assistant	○	○	○	○	○
Gynecologist MD	○	○	○	○	○
MD, DD, any type	○	○	○	○	○

Do you usually have periods?:
○ Yes ○ About once a month ○ Every other month
○ 3-4 times per year ○ No ○ Never ○ Rarely
○ Past menopause ○ Hysterectomy

Do you have history of:
○ Heart disease
○ Osteoporosis
○ High blood pressure
○ Liver disease
○ Lung disorder/asthma
○ Diabetes
○ Hypoglycemia
○ Sickle cell
○ Arthritis
○ Lupus
○ Chronic Fatigue Syndrome
○ HIV, AIDS
○ Other illness ○ Cancer
○ Serious Injury
○ Physically challenged
○ Mental/emotional challenge
○ Depression
○ Alcoholism
○ Drug addiction
○ Eating disorder
○ Child abuse survivor
○ Incest survivor
○ Rape survivor
○ Abuse by partner ○ ♂ ○ ♀
○ Lesbian/Bi bashing survivor

Age of first period or menarche:
○ Under 9 ○ 11 ○ 14 ○ 17 ○ 20
○ 9 ○ 12 ○ 15 ○ 18 ○ Over 20
○ 10 ○ 13 ○ 16 ○ 19

PMS-For 2 weeks before your period do/did you feel:

	None	Mild	Moderate	Severe
Irritable	○	○	○	○
Anxious	○	○	○	○
Moody	○	○	○	○
Bloated	○	○	○	○
Sore breasts	○	○	○	○
Acne	○	○	○	○
Crave Sweets	○	○	○	○
Headaches	○	○	○	○
Depression	○	○	○	○

Have you ever been pregnant?:
○ No ○ Yes ○ Possibly early miscarriage
Became pregnant from ○ Donor insemination
○ Sex with a man ○ Sexual assault

Number of births: ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6+
Mark ages you were when delivered babies:
○ Under 18 ○ 20-24 ○ 31-34 ○ 41-45
○ 18-20 ○ 25-30 ○ 35-40 ○ Over 45

Number of miscarriages or abortions:
○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6+

Have you ever had an illegal abortion?
○ No ○ Yes

Mark ages you were when miscarried/aborted:
○ Under 18 ○ 25-30 ○ 41-45
○ 18-20 ○ 31-34 ○ Over 45
○ 20-24 ○ 35-40

Endometriosis (confirmed with laparoscopy/biopsy): ○ No ○ Yes

Did you have problems during pregnancy including:
○ Toxemia or pregnancy induced Hypertension
○ Pregnancy induced Diabetes
○ Severe symptoms of pregnancy
○ Edema, water retention
○ Other

If in menopause, age began:
○ Under 35 ○ 46-50 ○ 56-60
○ 35-40 ○ 51-55 ○ Over 60
○ 41-45

In menopause do/did you experience the following:

	None	Mild	Moderate	Severe
Hot flashes	○	○	○	○
Vaginal dryness	○	○	○	○
Skin dryness	○	○	○	○
Irritability	○	○	○	○
Moodiness	○	○	○	○
Depression	○	○	○	○

Have you ever done vaginal self-examination with a plastic speculum?: ○ No ○ Yes ○ Want to learn

Have you ever had a Pap smear?: ○ No ○ Yes

How recent was your last Pap smear?

○ Under 6 months ○ 2 years ago ○ 4 years ago

○ 1 year ago ○ 3 years ago ○ Over 5 years

Ever had an abnormal Pap smear?: ○ No ○ Yes

If yes ○ Mild ○ Moderate ○ Severe ○ Cancer

Was treatment necessary? ○ No ○ Yes

Have you ever been prescribed hormones?:

○ No ○ Yes ○ Now taking ○ Used in past

For how long? Mark all that apply:

	< 6 mo	6 mo-1 yr	1-3 yrs	3-5 yrs	5-10 yrs	10+ yrs
Estrogen replacement therapy-ERT (including Provera, Estroderm patch)	○	○	○	○	○	○
Estrogen & progesterone therapy-HRT	○	○	○	○	○	○
Estrogen vaginal creams	○	○	○	○	○	○
Birth control pills	○	○	○	○	○	○
The mini pill, progesterone only	○	○	○	○	○	○
Depo Provera-The Shot	○	○	○	○	○	○
Norplant	○	○	○	○	○	○
Progestasert IUD	○	○	○	○	○	○
Provera to bring on periods	○	○	○	○	○	○
DES diethylstilbestrol	○	○	○	○	○	○
TACE, deladumone to stop lactation	○	○	○	○	○	○
Clomid, or fertility drugs	○	○	○	○	○	○
Anabolic steroids	○	○	○	○	○	○

Do you do breast self-examination?: ○ No ○ Yes

○ Every month ○ At times ○ Rarely

○ Want to learn

Ever found ○ Breast lump ○ Discharge ○ Other

Have you ever had a mammogram?: ○ No ○ Yes

Was a problem diagnosed? ○ No ○ Yes

○ Fibrocystic changes ○ Pre cancer ○ Other

○ Papilloma ○ Cancer

Was treatment necessary? ○ No ○ Yes

Cervix and breast treatments include(d):

○ Vaginal creams ○ Cryosurgery

○ Cone biopsy ○ Loop/Leep

○ Hysterectomy ○ Lumpectomy

○ Mastectomy ○ Hormones

○ Removed unaffected breast

○ Removed ovaries ○ Chemotherapy

○ Radiation ○ Experimental drugs

○ Vitamins, herbs, acupuncture, visualization

○ Other

Treatments helpful?

○ No ○ Yes ○ Unsure

Do you have a mother or sister with breast cancer?:

○ No ○ Yes ○ Mother

○ Sister(s) ○ 1 ○ 2 ○ 3+

Have you ever had cancer?: ○ No ○ Yes

	Now	Past		Now	Past
Breast	○	○	Leukemia	○	○
Cervical	○	○	Lymphoma	○	○
Uterine	○	○	Pancreatic	○	○
Ovarian	○	○	Stomach	○	○
Skin	○	○	Bone	○	○
Lung	○	○	Brain	○	○
Colon	○	○	Other	○	○

Type of treatments you use(d):

○ Surgery ○ Experimental drugs

○ Radiation ○ Nutrition, vitamins

○ Chemotherapy ○ Herbs, acupuncture

○ Hormones ○ Alternative therapies

○ Marrow transplants ○ Other

Were they helpful? ○ No ○ Yes ○ Unsure

Mark things do with:	Orgasm regularly	Orgasm at times	Rarely	Never	Unsure	Safe sex always	Safe sex at times	Rarely	Never
Self	○	○	○	○	○	○	○	○	○
Female	○	○	○	○	○	○	○	○	○
Male	○	○	○	○	○	○	○	○	○
Transgender	○	○	○	○	○	○	○	○	○

Sex how often: **How recent:**

	Daily+	Weekly+	Monthly+	Rarely	Never	This yr	1-3 yr	3-5 yr	5-10 yr	10+
Self	○	○	○	○	○	○	○	○	○	○
Female	○	○	○	○	○	○	○	○	○	○
Male	○	○	○	○	○	○	○	○	○	○
Transgender	○	○	○	○	○	○	○	○	○	○

If coupled how long:	< 6 mo	6 mo-1 yr	1-3 yrs	3-5 yrs	5-10 yrs	10+ yrs
Female	○	○	○	○	○	○
Male	○	○	○	○	○	○
Transgender	○	○	○	○	○	○

Infections from sex with:

	Female	Male	Transgender
Cold or flu	○	○	○
Vaginal yeast, trich, etc.	○	○	○
Gonorrhea	○	○	○
Chlamydia	○	○	○
Syphilis	○	○	○
HIV	○	○	○
Herpes	○	○	○
Genital warts (HPV)	○	○	○
Chronic fatigue syndrome	○	○	○
Hepatitis	○	○	○
Other	○	○	○

Received treatment? ○ No ○ Yes

Mark sex activities participate in:

Activity with	Fantasy	Mastur-bation	Kissing	Fondle	Rub on partner	Vibrator	Receive oral sex	Give oral sex	Vagina penetration	Anal penetration	Fisting	B&D/S&M	Role playing	Cross dressing
Self	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Female	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Male	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Transgender	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Like this a lot	○	○	○	○	○	○	○	○	○	○	○	○	○	○

FOLD HERE

FOLD HERE

What foods do you eat?:

1 serving(serv) = 8 oz. or 1 cup	3+ serv/dy	2 serv per dy	1 serv per dy	1-3 serv/wk	Under 4 serv/mo	Never eat
Grains, cereals, breads	○	○	○	○	○	○
Beans, peas, nuts, seeds	○	○	○	○	○	○
Vegetables	○	○	○	○	○	○
Fruits	○	○	○	○	○	○
Eggs	○	○	○	○	○	○
Butter/oil (1 serving = 1 Tbsp)	○	○	○	○	○	○
Whole milk, yogurt, cheese, etc.	○	○	○	○	○	○
Low fat milk, yogurt, cheese	○	○	○	○	○	○
Non fat milk, yogurt, cheese	○	○	○	○	○	○
Fish	○	○	○	○	○	○
Chicken	○	○	○	○	○	○
Beef, pork, lamb	○	○	○	○	○	○
Pickled, smoked food	○	○	○	○	○	○
Sugar, desserts, candies	○	○	○	○	○	○
Soda pop	○	○	○	○	○	○
Coffee, black tea	○	○	○	○	○	○
Decaffeinated coffee	○	○	○	○	○	○
Milk substitutes	○	○	○	○	○	○
Juices	○	○	○	○	○	○
Water ○ bottled ○ tap	○	○	○	○	○	○

Ongoing studies are important and may help determine significant risk factors! If it is OK to send you follow-up surveys, please fill out the following. **ALL** information will be kept *strictly confidential!* Your envelope and 29¢ stamp helps as we are not funded.

PLEASE PRINT! Name _____ Phone # _____

Address _____

_____ Zip _____ Country _____

Your comments and suggestions are welcome! Please send your experiences and feelings of your life, health and the health system.

Have history of uterine fibroids?: ___No ___Yes Cervical polyps?: ___No ___Yes Thyroid problems?: ___No ___Yes

Please list any other health concerns not listed above:

093753

♀ ♀ Please Send In Your Surveys! ♀♀

Your National Lesbian and Bi Women's Health Survey responses will help find out if Lesbians are higher risk for breast cancer and other health concerns! (Order below)

Please Send Us Your Experiences!

About your life, health and health care to be included in a major book on Lesbian and Bi women's health. Address experiences of health related to culture, ethnicity, aging, class, growing up, coming out, menarche, puberty, sexuality, relationships, parenting, donor insemination, common health concerns, menopause, VD/STDs, alcoholism, recovery, mental, emotional and physical health challenges, living rural vs. urban, child custody, resources, visions for the future etc. Send to Lesbian Health Project (address below) Attention: Suzann Gage

To order send name, address, ph#, ck/mo & items want

National Lesbian & Bi Women's Health Survey- Free!
(Payment of shipping charges for bulk orders helps us as we are not funded. Donations welcome!) #_____Surveys

"Lesbian & Bi Women's Health...It Matters!" '93 March
T-shirts, pink, blend, $15 each # ___ X Lg # ___ Lg # ___ Med

A New View of a Woman's Body a fully illus. self-help health guide with color cervix photos, clitoris research and info on breast and vaginal self-exam $25 each # ___ books

Plastic vaginal speculums with self-exam instructions. $7.50 each includes shipping # ___ Sm # ___ Med # ___ Lg
With **safer sex kit** (dams/gloves/condoms) add $7.50 each

Send orders and experiences to: Lesbian Health Project
8235 Santa Monica Bl. #308. W. Hollywood, Ca. 90046
Prices include shipping. Bulk orders call (213) 650-1508

Y MAIL
NGELES, CA 90046
RESSEE
308

NO POSTAGE NECESSARY IF MAILED IN THE UNITED STATES

SACWN SAYS . . .

SACRAMENTO WOMEN'S GATHERING - What a wonderful weekend we had at Camp Augusta. So many thank you's are due: To Carol, our terrific cook, to Jayne, our security person, registration person and end of meal cleanup specialist (and we thought you were going to stay out of the kitchen!), to Cinder who was always there to help, and to Julia for the trucking and parking. Thanks to Kate for the "joyful" workshop, to Lee for the wonderful canoe lessons, to Leta for the volleyball tournament, and to Lesha and the Single Connection women for the great Friday night entertainment. A special thanks to each woman who told a story at the Saturday night campfire and to the Sacramento Women's Chorus members for leading us in song.

The campground is a beautiful facility with tall trees and cool breezes. The waterfall was an incredible sight on Saturday when dozens of women enjoyed the snow melt water flowing over smooth rocks, and cascading more than 40 feet into pools sprinkled with gold dust. The reward for climbing the rocks to the upper portion of the waterfall was the chance to slide over moss covered boulders into the rushing water. What a feeling!

It was a very special group of forty women who gathered at Camp Augusta. Thank you for an unforgettable weekend.

RE-ENTRY WOMEN NEED WORK CLOTHES - The Sacramento Women's Center helps under-employed and unemployed women get a solid start in the work place. However, women who haven't worked out of the home recently, often don't have the right work clothes for an office environment. So the Women's Center is asking for your clean "work" hand-me-downs. To donate, call Irene Griego at 441-4207.

NATIONAL LESBIAN AND BI WOMEN'S HEALTH SURVEY - Enclosed in this mailing is a health survey developed by the Lesbian Health Project of Los Angeles. They hope to identify a large study group of women who will annually complete such a survey over a ten year span. No major study of lesbian health issues is currently being done. This is incredibly important, so please take a few minutes to complete the survey and return it as addressed. A "large print" survey is available at the SACWN office. The survey is being translated into other languages and will be developed in braille and audio tape format. Also, the Lesbian Health Project has no funding for this work. So it you can, consider including a donation when you return the survey. *(The SACWN office has a few hundred more surveys, please call 451-8034 if you can distribute them to another group.)*

EMPLOYMENT RIGHTS EXPLAINED - The National Center for Lesbian Rights has published an informational brochure, "*Outlawed in California: Employment Discrimination Against Lesbians, Gay Men and Bisexuals*". This brochure is designed to advise us of our rights pursuant to the law signed by Governor Wilson in September of 1992. Single copies are free with a SASE. Send request to NCLR, 1663 Mission St., Suite 550, San Francisco, CA 94103. Direct legal services from NCLR can be discussed by calling 415-621-0674.

TOWN COUNCIL REPORT - After much discussion, the members of the Town Council voted not to change the organization's name to include the word "Bisexual". Also at the recent meeting, there was a presentation from a group called "Sacramentans Against the Voucher Initiative" asking for people to vote against the measure on the upcoming November ballot. *(While SACWN does not take positions on political issues, we do encourage our subscribers to be informed voters on matters affecting our lives and the lives of those we love.)*

GOING TO THE WEST COAST WOMEN'S MUSIC AND COMEDY FESTIVAL IN YOSEMITE? What better way is there to end the summer than with two thousand lesbians celebrating our lives and culture? Let's have a SACWN camping area at the festival. Call Jayne at 921-6642 to be included in the count. And please use the registration form in the last issue of this newsletter when you sign up. Advertisers need to know where you heard about them!

SIGN UP FOR THE DIRECTORY - We still need many more names and many more ads to make our membership directory a success. At a minimum, you can list your name, occupation and home phone number. That is one step in the networking process. But if you are comfortable doing so, consider providing a complete informational listing. Your listing says to other subscribers that you are open to talking with them about your professional experience. Networking is a two way process - each person can gain from the connection. (Return the form on page 5.)

RAINBOW FESTIVAL VOLUNTEER NEEDED - If you are going to be in town over Labor Day weekend, SACWN is looking for a volunteer(s) to staff a table at the Rainbow Festival. We'll provide the materials and info. It's a great way to meet people and have fun. Call the SACWN office to discuss.

Have you ever done vaginal self-examination with a plastic speculum?: ○ No ○ Yes ○ Want to learn

Have you ever had a Pap smear?: ○ No ○ Yes

How recent was your last Pap smear?

○ Under 6 months ○ 2 years ago ○ 4 years ago

○ 1 year ago ○ 3 years ago ○ Over 5 years

Ever had an abnormal Pap smear?: ○ No ○ Yes

If yes ○ Mild ○ Moderate ○ Severe ○ Cancer

Was treatment necessary? ○ No ○ Yes

Do you do breast self-examination?: ○ No ○ Yes

○ Every month ○ At times ○ Rarely

○ Want to learn

Ever found ○ Breast lump ○ Discharge ○ Other

Have you ever had a mammogram?: ○ No ○ Yes

Was a problem diagnosed? ○ No ○ Yes

○ Fibrocystic changes ○ Pre cancer ○ Other

○ Papilloma ○ Cancer

Was treatment necessary? ○ No ○ Yes

Cervix and breast treatments include(d):

○ Vaginal creams ○ Cryosurgery

○ Cone biopsy ○ Loop/Leep

○ Hysterectomy ○ Lumpectomy

○ Mastectomy ○ Hormones

○ Removed unaffected breast

○ Removed ovaries ○ Chemotherapy

○ Radiation ○ Experimental drugs

○ Vitamins, herbs, acupuncture, visualization

○ Other

Treatments helpful?

○ No ○ Yes ○ Unsure

Have you ever been prescribed hormones?:

○ No ○ Yes ○ Now taking ○ Used in past

For how long? Mark all that apply:	< 6 mo	6 mo-1 yr	1-3 yrs	3-5 yrs	5-10 yrs	10+ yrs
Estrogen replacement therapy-ERT (including Provera, Estroderm patch)	○	○	○	○	○	○
Estrogen & progesterone therapy-HRT	○	○	○	○	○	○
Estrogen vaginal creams	○	○	○	○	○	○
Birth control pills	○	○	○	○	○	○
The mini pill, progesterone only	○	○	○	○	○	○
Depo Provera-The Shot	○	○	○	○	○	○
Norplant	○	○	○	○	○	○
Progestasert IUD	○	○	○	○	○	○
Provera to bring on periods	○	○	○	○	○	○
DES diethylstilbestrol	○	○	○	○	○	○
TACE, deladumone to stop lactation	○	○	○	○	○	○
Clomid, or fertility drugs	○	○	○	○	○	○
Anabolic steroids	○	○	○	○	○	○

Do you have a mother or sister with breast cancer?:

○ No ○ Yes ○ Mother

○ Sister(s) ○ 1 ○ 2 ○ 3+

Have you ever had cancer?: ○ No ○ Yes

	Now	Past		Now	Past
Breast	○	○	Leukemia	○	○
Cervical	○	○	Lymphoma	○	○
Uterine	○	○	Pancreatic	○	○
Ovarian	○	○	Stomach	○	○
Skin	○	○	Bone	○	○
Lung	○	○	Brain	○	○
Colon	○	○	Other	○	○

Type of treatments you use(d):

○ Surgery ○ Experimental drugs

○ Radiation ○ Nutrition, vitamins

○ Chemotherapy ○ Herbs, acupuncture

○ Hormones ○ Alternative therapies

○ Marrow transplants ○ Other

Were they helpful? ○ No ○ Yes ○ Unsure

Mark things do with:	Orgasm regularly	Orgasm at times	Rarely	Never	Unsure	Safe sex always	Safe sex at times	Rarely	Never
Self	○	○	○	○	○	○	○	○	○
Female	○	○	○	○	○	○	○	○	○
Male	○	○	○	○	○	○	○	○	○
Transgender	○	○	○	○	○	○	○	○	○

Sex how often: / **How recent:**

	Daily+	Weekly+	Monthly+	Rarely	Never	This yr	1-3 yr	3-5 yr	5-10 yr	10+
Self	○	○	○	○	○	○	○	○	○	○
Female	○	○	○	○	○	○	○	○	○	○
Male	○	○	○	○	○	○	○	○	○	○
Transgender	○	○	○	○	○	○	○	○	○	○

If coupled how long:	< 6 mo	6 mo-1 yr	1-3 yrs	3-5 yrs	5-10 yrs	10+ yrs
Female	○	○	○	○	○	○
Male	○	○	○	○	○	○
Transgender	○	○	○	○	○	○

Infections from sex with:	Female	Male	Transgender
Cold or flu	○	○	○
Vaginal yeast, trich, etc.	○	○	○
Gonorrhea	○	○	○
Chlamydia	○	○	○
Syphilis	○	○	○
HIV	○	○	○
Herpes	○	○	○
Genital warts (HPV)	○	○	○
Chronic fatigue syndrome	○	○	○
Hepatitis	○	○	○
Other	○	○	○

Received treatment? ○ No ○ Yes

Mark sex activities participate in: Activity with	Fantasy	Mastur-bation	Kissing	Fondle	Rub on partner	Vibrator	Receive oral sex	Give oral sex	Vagina penetration	Anal penetration	Fisting	B&D/S&M	Role playing	Cross dressing
Self	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Female	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Male	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Transgender	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Like this a lot	○	○	○	○	○	○	○	○	○	○	○	○	○	○

FOLD HERE

FOLD HERE

What foods do you eat?: 1 serving(serv) = 8 oz. or 1 cup

	3+ serv/dy	2 serv per dy	1 serv per dy	1-3 serv/wk	Under 4 serv/mo	Never eat
Grains, cereals, breads	○	○	○	○	○	○
Beans, peas, nuts, seeds	○	○	○	○	○	○
Vegetables	○	○	○	○	○	○
Fruits	○	○	○	○	○	○
Eggs	○	○	○	○	○	○
Butter/oil (1 serving = 1 Tbsp)	○	○	○	○	○	○
Whole milk, yogurt, cheese, etc.	○	○	○	○	○	○
Low fat milk, yogurt, cheese	○	○	○	○	○	○
Non fat milk, yogurt, cheese	○	○	○	○	○	○
Fish	○	○	○	○	○	○

	3+ serv/dy	2 serv per dy	1 serv per dy	1-3 serv/wk	Under 4 serv/mo	Never eat
Chicken	○	○	○	○	○	○
Beef, pork, lamb	○	○	○	○	○	○
Pickled, smoked food	○	○	○	○	○	○
Sugar, desserts, candies	○	○	○	○	○	○
Soda pop	○	○	○	○	○	○
Coffee, black tea	○	○	○	○	○	○
Decaffeinated coffee	○	○	○	○	○	○
Milk substitutes	○	○	○	○	○	○
Juices	○	○	○	○	○	○
Water ○ bottled ○ tap	○	○	○	○	○	○

Ongoing studies are important and may help determine significant risk factors! If it is OK to send you follow-up surveys, please fill out the following. **ALL** information will be kept *strictly confidential!* Your envelope and 29¢ stamp helps as we are not funded.

PLEASE PRINT! Name _____ Phone # _____

Address _____

_____ Zip _____ Country _____

Your comments and suggestions are welcome! Please send your experiences and feelings of your life, health and the health system.

Have history of uterine fibroids?: ___No ___Yes Cervical polyps?: ___No ___Yes Thyroid problems?: ___No ___Yes

Please list any other health concerns not listed above:

Coordinated by The Lesbian Health Project- LA (213) 650-1503

Partial list of endorsers: Act Up/STL- St. Louis, AIDS Antibody Testing Service- LA, Alcoholism Center for Women- LA, Aradia Women's Health Center- Seattle, Athens AIDS Task Force- Athens, Oh, Blue Light Candle- San Antonio, Boston Women's Health Book Collective/Our Bodies, Ourselves, Chicken Soup Brigade- Seattle, Choices Counseling Asso.- Albany, NY, Chrysalis A Center for Women- Minn., Mn., Elizabeth Blackwell Center- Philadelphia, Emma Goldman Clinic- Iowa City, Federation of Feminist Women's Health Centers- Sacramento, CA, Feminist Women's Health Center- Atlanta, Feminist Women's Health Center- Tallahassee, Fl, Fenway Community Health Center- Boston, 46th Street Community Health Clinic- Seattle, Front Runners Track Club- LA, Gay and Lesbian Latinos Unidos- LA, HELP Inc.- Riverdale, NJ, International Ms. Leather, Omaha, Lesbian Community Cancer Project- Chicago, Lesbian Cancer Resource Center and Prevention Program- LA, Lesbian Health Project of the Community Health Project- NY, Lesbian Health Project- San Diego, Lesbian Nurses of LA, Lesbian Services Program of Whitman-Walker Clinic- Washington DC, The Living Room- Cleveland, Los Angeles Gay and Lesbian Community Services Center, Mary-Helen Mautner Project for Lesbians with Cancer- Washington DC, Minnesota American Indian AIDS Task Force, Minn., National Coalition of Feminist and Lesbian Cancer Projects- Washington, DC, National Black Women's Health Network- Atlanta, National Gay and Lesbian Task Force- Washington, DC, National Women's Health Network- Washington, DC, Pasadena YWCA Rape Crisis Center- CA, Physicians Asso. for AIDS Care- Chicago, Rupona Network- Chicago, Santa Fe Health Education Project, Seattle Counseling Center for Sexual Minorities, SHARE Breast Cancer Support Center- St. Louis, Southern California Women For Understanding, Southern Women- NY, United Lesbians of African Heritage- LA, UNM Women's Center- Albuquerque, Wholistic Health for Women- LA, Womanecap- NY, Women's AIDS Project- LA

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SACWN SAYS . . .

SACRAMENTO WOMEN'S GATHERING - What a wonderful weekend we had at Camp Augusta. So many thank you's are due: To Carol, our terrific cook, to Jayne, our security person, registration person and end of meal cleanup specialist (and we thought you were going to stay out of the kitchen!), to Cinder who was always there to help, and to Julia for the trucking and parking. Thanks to Kate for the "joyful" workshop, to Lee for the wonderful canoe lessons, to Leta for the volleyball tournament, and to Lesha and the Single Connection women for the great Friday night entertainment. A special thanks to each woman who told a story at the Saturday night campfire and to the Sacramento Women's Chorus members for leading us in song.

The campground is a beautiful facility with tall trees and cool breezes. The waterfall was an incredible sight on Saturday when dozens of women enjoyed the snow melt water flowing over smooth rocks, and cascading more than 40 feet into pools sprinkled with gold dust. The reward for climbing the rocks to the upper portion of the waterfall was the chance to slide over moss covered boulders into the rushing water. What a feeling!

It was a very special group of forty women who gathered at Camp Augusta. Thank you for an unforgettable weekend.

RE-ENTRY WOMEN NEED WORK CLOTHES - The Sacramento Women's Center helps under-employed and unemployed women get a solid start in the work place. However, women who haven't worked out of the home recently, often don't have the right work clothes for an office environment. So the Women's Center is asking for your clean "work" hand-me-downs. To donate, call Irene Griego at 441-4207.

NATIONAL LESBIAN AND BI WOMEN'S HEALTH SURVEY - Enclosed in this mailing is a health survey developed by the Lesbian Health Project of Los Angeles. They hope to identify a large study group of women who will annually complete such a survey over a ten year span. No major study of lesbian health issues is currently being done. This is incredibly important, so please take a few minutes to complete the survey and return it as addressed. A "large print" survey is available at the SACWN office. The survey is being translated into other languages and will be developed in braille and audio tape format. Also, the Lesbian Health Project has no funding for this work. So it you can, consider including a donation when you return the survey. *(The SACWN office has a few hundred more surveys, please call 451-8034 if you can distribute them to another group.)*

EMPLOYMENT RIGHTS EXPLAINED - The National Center for Lesbian Rights has published an informational brochure, "*Outlawed in California: Employment Discrimination Against Lesbians, Gay Men and Bisexuals*". This brochure is designed to advise us of our rights pursuant to the law signed by Governor Wilson in September of 1992. Single copies are free with a SASE. Send request to NCLR, 1663 Mission St., Suite 550, San Francisco, CA 94103. Direct legal services from NCLR can be discussed by calling 415-621-0674.

TOWN COUNCIL REPORT - After much discussion, the members of the Town Council voted not to change the organization's name to include the word "Bisexual". Also at the recent meeting, there was a presentation from a group called "Sacramentans Against the Voucher Initiative" asking for people to vote against the measure on the upcoming November ballot. *(While SACWN does not take positions on political issues, we do encourage our subscribers to be informed voters on matters affecting our lives and the lives of those we love.)*

GOING TO THE WEST COAST WOMEN'S MUSIC AND COMEDY FESTIVAL IN YOSEMITE? What better way is there to end the summer than with two thousand lesbians celebrating our lives and culture? Let's have a SACWN camping area at the festival. Call Jayne at 921-6642 to be included in the count. And please use the registration form in the last issue of this newsletter when you sign up. Advertisers need to know where you heard about them!

SIGN UP FOR THE DIRECTORY - We still need many more names and many more ads to make our membership directory a success. At a minimum, you can list your name, occupation and home phone number. That is one step in the networking process. But if you are comfortable doing so, consider providing a complete informational listing. Your listing says to other subscribers that you are open to talking with them about your professional experience. Networking is a two way process - each person can gain from the connection. (Return the form on page 5.)

RAINBOW FESTIVAL VOLUNTEER NEEDED - If you are going to be in town over Labor Day weekend, SACWN is looking for a volunteer(s) to staff a table at the Rainbow Festival. We'll provide the materials and info. It's a great way to meet people and have fun. Call the SACWN office to discuss.



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Women's Healing and Transformational Groups

Begin or continue deep personal work on yourself with other committed women.

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SUBSCRIPTION RENEWAL BY MAIL

All subscriptions may be paid in full or in 2 installments, the second installment due in 6 months. Subscription entitles you to our monthly Newsletter and discounts for all functions. Please select the appropriate category and send a check for the correct amount, payable to SACWN, Inc.

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Limited Income Subscriber* (Student/Senior/Disabled)	$24/year
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Enclosed check and mail to: **SACWN, Inc., 1616 29th Street Suite 310, Sacramento, CA 95816**

Name(1) Name(2)

_____

Address_____

City _____State_____ Zip _____

Phone(H) _____ (H) _____

Phone(W)_____ (W) _____

Career Interests

(1)_____

(2)_____

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend. A $10 fee will be charged on returned checks.

WAIVER - I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

Signature_____ Date_____

Signature _____ Date_____

*LIMITED INCOME - We consider a person living on a limited income to be anyone who is having a difficult time paying for basic necessities - food, utilities and rent - and who rarely considers entertainment as part of her budget.

* SENIORS -Age 65+ on Limited Income; STUDENTS - Students 21+ on Limited Income; DISABLED - Disabled Citizens on Limited Income.

**SUSTAINING - Contributing a little extra to help supplement others (Seniors, Students, Disabled) on limited income.

SACWN GOES TO THE SOAPS

FEATURING

TWO IN TWENTY

BEVERLY GARLAND THEATER

SATURDAY, AUGUST 21, 1993

FIRST EPISODE AT 6:30 P.M.

Note: The videos will be shown as a double feature, one following another. A no host bar will be available from 6:15 to 8:00 p.m. However, like any soap, you can miss one scene and still not miss much!

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

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Category	# Tickets	Subscriber Name or #
Subscribers $8	_____	_____
Limited Income (Seniors, Disabled, Student Subscribers) $6	_____	_____
Non-subscribers $13	_____	

Total Tickets: _____ Total Enclosed $_____

Tickets at the door will be $15. Please include a **self-addressed stamped** envelope with a check made payable to SACWN. If requesting subscriber rate, **subscriber name or number must be provided.** Send to:

SACWN
1616 29th Street, Suite 310
Sacramento, CA 95816

Tickets may be picked up at the above address when pre-arranged. Call 451-8034 for information.

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